

## Why Does the Circumcised Man Thrust Hard or Bang and Pound Away?

**My circumcised husband was totally engrossed in satisfying his own sexual needs; therefore, he pounded and banged as if he were having intercourse with a non-feeling person.**

—A.J., survey respondent

Bang-away thrusting is evidently a familiar scene in many American bedrooms. Naura Hayden, author of the multi-million-selling book, *How to Satisfy a Woman Every Time*, refers to it as “The Big Bang” and describes it this way:

He got her excited with foreplay. She’s burning up with desire, and as soon as he enters her and starts pumping, she’s turned off. That wonderful, excited feeling, that glow all over her body, that tingling in her sex organs, vanishes. Why? Because he’s doing his BIG BANG number. In and out, in and out—Bang Bang. He doesn’t realize it doesn’t feel good to her. It doesn’t always hurt at first, but it sure doesn’t feel terrific. And after a while of being ‘banged,’ it does hurt, and she wishes he would get it over with fast!

If you men would just try this experiment, you’d

understand exactly what it feels like. Put your left arm out and with your right fist hit your left arm for about thirty seconds (the longer you do it, the more it hurts). I did this on several TV shows to show the male hosts what ‘banging’ feels like, and they were amazed. They had no idea that that’s what happens when a man enters a woman and starts pumping (1).

When the base of the penis [pubic mound] rams against the clitoris, the woman initially feels pain (which makes her tense up), then her whole sexual area loses all feeling.... At first it hurts, then it gets sort of numb and loses feeling (2). ...[T]he woman, not knowing what he’s doing wrong (but absolutely knowing it’s all wrong!), pretends finally to have an orgasm because she knows that the way he’s doing it she’ll *never* have one, and she wants to get the whole thing over with to end the boredom and/or pain (3). ...[S]he’s [left feeling]...*very* frustrated, unhappy, and unsatisfied...(4). ...[N]ever dreaming it could possibly be...[the] man’s ineptness, these women all think they are, or thought they were, ‘frigid’ (5).

When women of the *Sex As Nature Intended It* survey were asked about the thrusting action of circumcised men, 72% agreed that “they tend to pound and bang away.” Below are some representative comments:

**“Circumcised men are rough and they tend to ‘pound away’ at me.”**

**“With circumcised intercourse, too many times it was just two sets of genitals banging away at each other detached.”**

**“With circumcised men, I wanted to get it over with. Especially with a new guy or a short relationship, it sometimes felt like just ‘banging’ away.”**

**“After circumcised thrusting, I’m exhausted from the prolonged, pounding thrusts.”**

**“ALRIGHT! Thank you, yes. Absolutely. I’d never thought about this configuration of experiences, but I do have to agree. Banging is the word. Awful. I agree with all of it.”**

This banging action of the circumcised penis is obvious in adult sex videos. During these videos, if you watch the woman’s breasts closely as she is being sexed, the rippling waves and movement of her breasts register the shock of every jarring thrust.

Why would circumcision cause a man to bang away during intercourse? The following explanations may provide some insight into this problem.

#### THE ABSENCE OF THE FRENULUM

The bang-away thrusting motions of the circumcised penis are related, in part, to its missing frenulum.

I am a 30-year-old engineer...in India, and I am a Hindu [uncircumcised].... I became obsessed with looking at circumcised penises.... In recent years of world travel, I have been to practically all countries of the world and observed hundreds of penises from every race. I have seen the results of various circumcision methods, but only in the United States do I see penises which have been entirely stripped of the frenulum (6).

*Dorland’s Illustrated Medical Dictionary* defines the word “frenulum” as “...a small fold of integument [skin]...that *checks, curbs, or limits the movements of an organ or part.*” (Emphasis added)

On the natural penis, the foreskin and penis head are connected by the frenulum's stretchable hinge of skin. (See Figure 4-1, p.55.) *The frenulum serves to make the man's thrusts more gentle by "telling" the penis not to thrust forward with a hard, forceful action, because if the ultrasensitive frenulum is jerked on forcefully, it overstretches, creating a discomforting pulling sensation.* Try this experiment. Thrust your tongue fully forward quickly and forcefully. This will give you an idea of the feeling, because the tongue, too, has a frenulum that attaches it to the bottom of the mouth. In much the same way, the frenulum of the foreskin acts to discourage the intact man from putting too much force behind his forward thrust, making him a gentler lover. One survey respondent stated it this way: **"The natural penis has a softer, smoother feel. Less hard thrusts are necessary. He seemed a gentler man."**

In contrast, most circumcised penises don't have a frenulum because it is usually removed during the circumcision surgery. Even if some remnant of the frenulum is left, *it will lack the frenulum's tugging alert feature* because it is no longer hinged to the foreskin. Because the circumcised penis lacks this mechanism to regulate its forward thrust, it allows the circumcised man to pile drive his penis into the vagina and bang his base/pubic mound/pelvic area against the woman's genitals, pubic mound/pelvic area with unrestrained force. (Again, watching a few adult videos makes this bang-away action of the circumcised penis obvious.)

## WHY THE CIRCUMCISED MAN FINDS BANGING PLEASURABLE

[One sexual] researcher noted...that several of these men masturbated in an odd manner...(as in one case)...getting...pleasure by striking the shaft of...[the] penis forcefully with the heel of the hand... (7).

Why does the circumcised penis find this pounding and banging pleasurable? Because it activates pleasurable sensations in the pressure-sensitive nerves, found in abundance interspersed amongst the muscle cells of the clitoral tissue of the penis base/pubis mound/pelvic area (the region where the musculature branches into two tracts). (See Figure 8-1, page 135.)

In this lower region of the clitoral musculature, the pressure of rhythmic pounding creates sexual excitement and brings on contractions in the genital musculature that ultimately induce orgasm. Contractions that should, however, be brought about by the foreskin's titillation of the *tip* of the clitoral musculature.

Essentially, the circumcised penis bangs its base area against the woman's genital region to make up for the pleasuring it isn't experiencing in its upper area due to its missing foreskin. It finds forceful banging pleasurable for two reasons: 1) banging causes many nerves to fire off simultaneously; 2) many nerves in the base area are deeply set, so strong, forceful pressuring is required to incite them. *The circumcised penis's use of an elongated stroke adds greater force to its banging action* because of the momentum it builds up by withdrawing far out of the vagina and then pile-driving itself inward. Below is a letter I received from a man circumcised *in adulthood*:

**Since I had my penis circumcised: 1) I have lost about 80% of my penis's sensitivity. 2) I have no response to my wife's vaginal movements. 3) I take so long to reach orgasm that I irritate my wife's vagina, even though we use lots of lubricant. 4) She complains that my penis often feels hard and painful now that it lacks the soft skin folds of the foreskin. 5) My wife can only reach orgasm now with her own hand stimulating her clitoris.**

**I will add just a bit more, since I'm making such a full confession. In reading over the survey questionnaire you sent to my wife, I can see the probable truth in some of the statements. *You are***

*quite right in saying that in sexual intercourse, circumcised men are more rough and tend to pound or bang away, using long thrusts. I have found this ever increasingly true about my style, since being circumcised. This is because I now have so little sensitivity and thus no build-up of feeling or response during intercourse that I just pound harder and faster in a desperate hope of reaching orgasm.* (Emphasis added)

Every circumcised male may not always need to bang or pound away at his partner's genital region to derive pleasure and reach orgasm (this will depend on several factors, including the tightness of his circumcision and how much frenulum tissue remains). But in theory, virtually every circumcised male prefers strong, hard pressuring against his middle/lower shaft and pubic/pelvic area. To apply this hard pressuring, they tense up the muscles in their abdomen and thighs and then drive forward. When they do, the woman can feel the difference in power even though the penis only travels a few inches. It may seem difficult to believe that the muscle force driving a thrusting penis could make that much of a difference to a woman, but think about this for a moment. In boxing, an uppercut punch travels about the same distance no matter who delivers it, yet whose uppercut would you rather be on the receiving end of, Pee Wee Herman's or Mike Tyson's?

#### A FURTHER CLARIFICATION OF THE DIFFERENCE BETWEEN NATURE'S WAY OF SEXUALLY EXCITING THE PENIS AND CIRCUMCISION'S WAY

The penises of intact and circumcised men share the same common objectives of creating pleasure sensations for the brain and inducing contractions in the clitoral musculature, which bring on orgasm, but they go about it in different ways and at different locations on the penis.

Here is a comparative example showing how the two kinds of sexing work.

For the moment, imagine that your penis is a leg, with your foot being the upper area of the penis and your leg being the middle-shaft and lower-base area. If someone tickled the bottom of your foot (upper penis), you would feel sensations in your foot, and soon your leg muscle (penis's clitoral musculature) would tighten up (contract). In this case, contraction of the muscle would be brought about by titillating stimuli, and the focal point of stimulation and feeling would be in your foot (the upper penis). This is how nature's method works to sexually excite the clitoral musculature. The mechanical actions of the foreskin create pleasurable sensations in the upper penis while simultaneously producing chemical and electrical actions, which titillate the clitoral muscle cells into contracting. Like the tickling of your foot, the natural penis's method of bringing about muscle contractions and arousal is indirect, subtle, and gentle.

If, on the other hand, someone were to bang a fist repeatedly against your leg muscle (middle shaft/lower base of the penis), here again, your leg muscle would tighten up (contract). But in this case, the contractions would be brought about by forceful pressuring, and the focal point of stimulation and feeling would be in your leg (penis shaft/base). Circumcised thrusting works in a similar manner. It uses strong, hard pressuring (by jamming the penis shaft against the vaginal walls and opening, and/or banging the penis base/pelvic region against the woman's genitals and genital region) to induce sexual sensations and rhythmic contractions in the clitoral muscle cells. In comparison to natural thrusting, circumcised thrusting isn't indirect, subtle, or gentle at all, but is instead blunt, direct, and forceful.

For the woman on the receiving end, the experience described above can range from mildly discomforting, to rough to the point of being violent. Many women in the survey were able to notice these characteristic traits of circumcised thrusting when they commented on the differences between natural and circumcised sex:

**“Natural men can be more gentle and sensitive. Circumcised intercourse seems to have a more aggressive pattern.”**

**“My husband is circumcised. He’s careful not to hurt me, but I know other women have problems with men thrusting too hard. I’ve made love with only two natural men and both were very sensuous, their thrusting very loving and gentle. I like that feeling.”**

**“The natural man has more intense feelings at the head of his penis, and he tends not to ‘cram’ and ‘bang,’ which makes the woman’s experience much better also.”**

**“The natural man tends to be more sensitive. It was a gentler, more sensuous overall experience. He was far more aware of my experience as well as his. Also his thrusting was of a more sensitive/sensual motion, whereas the circumcised man tends to need more of a rougher stimulus to achieve orgasm.”**

**“My ex-boyfriend, who was circumcised, seemed desperate to achieve orgasm and would thrust quite violently, occasionally making me bleed. He always felt bad about it, but it would happen again.”**

Could all this rough, tough thrusting, and banging and pounding, cause some circumcised men to think of the woman’s body as little more than a masturbating object, since the sex act loses its significance as a soft, gentle intermingling of two organs joined together in a blissful state of sensuous sexual union? Could it cause some men to view their female sex partners as insensitive, “harder” physical specimens, thus causing them to lose regard for how softly delicate the female body really is? Could it cause some circumcised men to make an association between hitting

and pleasure, between violence and sexual stimulation? I will leave this for others to debate, but I am sure of this: Circumcised sex does not promote the same communion of warmth and love between a couple that natural sex does. This is evidenced by the following composite of survey comments from one woman, which answers, in such a beautiful way, the question: Could the presence or absence of a foreskin have an influence on how a woman feels emotionally about a man during and after their lovemaking experience?

**My natural man arrived after being with circumcised men. I have had no relations with circumcised men since I met my current natural lover, but the difference is very obvious to me.**

**All my circumcised men seemed too anxious to reach their own orgasms and too caught up in getting their own pleasure. And they often left me unsatisfied leaving me irritable, aggravated, and frustrated as hell.**

**Circumcised men are more rough and they tend to ‘pound away’ at me. With them, I seldom achieved orgasm. During circumcised intercourse, it always felt like there were two sexual experiences going on—his and mine. It was never making love—it was only ‘fucking.’ I often felt used—leaving me feeling blue.**

**My natural man is very tender, passionate, and loving. Sex is more relaxed, mellow, and gentle with him than with circumcised men. My natural man takes more time. I could make love with him for hours (and sometimes do). He is softer and gentler than circumcised ones were. *With circumcised intercourse, my noises and utterings sounded painful because it was close to painful at times!* With a natural lover, it is more cooing, purring, and sounds of contentment that come from inside one.**

**My natural partner is more sensitive, but I tend to think it is because he has a natural penis—hence he is more delicate—he is more in touch with his penis, and his penis is more in touch with his heart.**

**When my natural man is inside me, he moves more smoothly, more gently, which is what I need. Also, a natural penis feels more filling and seems to have an extra gliding sensation inside me. My current natural lover is usually in close physical contact with me, adding to the feeling of intimacy.**

**I usually have multiple orgasms with my natural partner but not with circumcised partners. My natural man gives me more frequent, powerful, all-encompassing orgasms. On a scale of 1-10, my natural orgasms rate a 12. With my natural partner, I can relax and enjoy, knowing it will lead to orgasm.**

**After intercourse with my natural partner, I am much more relaxed, peaceful, fulfilled—brimming over with contentment. Bedtime sex often leaves me purring in my sleep and needing an early morning quickie before we get up. The afterglow can last for most of the day, making me horny for him that night.**  
(Emphasis added)

This woman was obviously sexually happier with her natural partner than with her previous circumcised partners. And we can reasonably assume that she was experiencing immeasurably more emotional fulfillment too, and that this played a role in causing her to look upon him with more “loving eyes.” This woman’s comments illustrate what I was trying to say in Chapters 3 and 8A: If a woman is receiving “good loving,” she will tend to be far more appreciative of the man and look upon him more favorably, in general. She will be more inclined to overlook his little faults, confirming the old adage that “love is blind.” In this regard, happiness and compatibility in the bedroom tend to lead to a happier relationship overall.

## THE GENTLENESS OF NATURAL INTERCOURSE

Women of the survey consistently remarked that when the man had a natural penis, intercourse was a much gentler experience. Below are several typical comments:

**“Natural intercourse was a gentler, more sensuous overall experience.”**

**“Natural intercourse is gentler sex, nicer thrusting.”**

**“Enjoyment for the natural man is concentrated in the frenulum, according to my lover. I think that the slow, easy movements enjoyed with natural men are wonderful and that circumcised men, who had this removed, need that hard, ‘used as a masturbating object’ kind of movement to reach orgasm.”**

**“With natural men the sensation is gentler and simply more erotic. Gentler entry, gentler thrusting, gentler movements altogether. It is a *comforting* movement...also a richer, more erotic experience evoking greater pleasure in me.”** (Emphasis added)

The magical effects of the foreskin cause a woman to perceive intercourse as gentler for several reasons. It is gentler because the foreskin is a delicate and sensitive tissue; thus it favors gentler intercourse movements. Also, the other erogenous zones in the upper area are so exquisitely sensitive, they only need easy motions to excite them. Further, it is gentler because the penis uses shorter strokes, which require less muscle force behind them. And it is gentler because of the foreskin’s cushioning effect. These and other reasons have been previously explained. However, one important factor, which has not yet been mentioned, is how the natural man uses his body to thrust his penis more gently.

I have observed repeatedly in adult videos that the intact man typically thrusts his penis by using the muscles in his legs, primarily his thigh muscles, rather than his hips. He tends to keep his hips straight in line with his back and legs; then he rocks his body gently back and forth from the joints of his knees. *This results in a straight-on, gentler stroke for the vagina.*

In contrast, adult videos show that the circumcised man typically thrusts his penis by pulling his hips back with his buttocks and then swinging them forward abruptly. He pulls back smoothly, but he rams forward with a jolting action that angles the penis upward instead of straight on. He uses this technique to increase *his* pleasure, because it applies quick, intense pressure to the deeply set pressure-sensitive nerves of the lower clitoris, located at the base of the penis where the clitoris branches into two tracts (Figure 8-1, page 135). If you watch a few adult videos yourself, this characteristic of circumcised sex will become obvious. Here are three representative comments from the survey:

**“Most circumcised men slam hard and women respond hard.”**

**“Circumcised man uses hard thrusts, like a battering ram, which desensitize my clitoris.”**

**“It’s important not to make them [circumcised men] feel inadequate. Some men can compensate for a lack of a foreskin by being caring, affectionate, sensitive—and by being patient during intercourse and doing what they can to limit *their need for fast, hard pumping.*”** (Emphasis added)

In order to swing his hips forward with a quick, forceful movement, the circumcised man tightens up his abdominal muscles into a hardened mass, and when he swings his pelvic area forward forcefully against her pubic area, it is not a pleasant experience for the woman.

In contrast, when the intact man thrusts, he keeps his abdominal muscles relatively relaxed and rocks his body from his knee joints, using primarily his leg muscles. It is much easier and more relaxing to rock the body from the knees than it is to jerk the hips back and forth, as does the circumcised man. The intact man's rocking thrusts need very little muscle force behind them, resulting in an infinitely gentler experience for the woman.

#### IT ALL ADDS UP TO TWO DIFFERENT EXPERIENCES FOR THE WOMAN

Adding it up from this and the preceding chapter, it comes to this: The circumcised man's upper penis erogenous zones just don't fire off enough pleasure sensations to excite him sufficiently. As a result, his attention shifts to the middle/lower penis area, where he derives more pleasure, especially when he applies strong, hard pressuring directly to the penis shaft by pressing against the vaginal opening. He thrusts with elongated strokes in order to give the sensory nerves of his middle/lower penis a longer rest/recharge time. These elongated strokes cause his pubic mound to make less frequent contact with the woman's clitoral mound, and she finds them out of sync with the stroking rhythm she desires. In effect, the "instinctive" thrusting rhythm of the circumcised penis that feels "right" for the man, feels "unnatural" to the woman. Moreover, when his pubic mound does make contact with her clitoral mound, it often does so with a slamming pound, or bang, due to its missing frenulum and the male's desire to use strong pressure to incite the lower clitoral musculature into contractions that build up to orgasm. As a result, the woman's clitoral area does not get the "natural," gentle pressuring it wants and needs, and too often the woman is jolted out of whatever relaxing, pleasant feelings she might be experiencing.

The natural penis, on the other hand, derives its pleasure primarily from one erogenous zone—the upper penis—and it

thrusts in a consistent pattern that rhythmically stimulates this area using a gentle, smooth, rocking motion that rhythmically mesmerizes both partners into a trance-like state of sexual ecstasy. *Since this rocking motion is so easy to maintain, the man can keep it going without tiring, and this leaves both partners free to relax and float on the waves of pleasurable feelings it creates.* This mutually shared rhythm puts the bodies, minds, and emotions of both lovers on the same wavelength, and they perceive sex as a shared experience. The high level of physical pleasure and heartfelt emotion created in the bodies and minds of both partners wells up inside them as a feeling of love. And it is this feeling of love and closeness that helps to bond them together as one. Below are some typical comments from survey respondents:

**“I have *never* been more connected on physical, mental, and emotional levels than I was with this natural partner.”**

**“I am now in a relationship with a natural man and we are getting married in two months. He is overall wonderful, but I base a lot of my emotions about him on our lovemaking. We have a fabulous sex life. Lovemaking with him is more pleasurable than any of my circumcised experiences. I was married for 10 years to a circumcised man and never enjoyed sex.”**

**“All of my experiences with the natural man were positive. He was so in sync with my body, his penis actually seems connected to my inner being.”**

**“The natural man seems more ‘like me’ in the way his body functions sexually—there’s more *synchronicity* in the stages of arousal and completion with one of these men. Definitely a different experience.”**

**“Natural lovemaking is a complete experience—physically, emotionally, psychologically, sexually...I feel more connected to an uncircumcised man.”**

**“After sex with my natural partner, I find the afterglow is very pleasant. I feel a mild, warm, sensual awareness and even days later I will remember the experience and refeel that same afterglow for a few moments.”**

---

**“DAMMIT!” YOU CURSE**

If you are a circumcised man, you may have, by now, reluctantly resigned yourself to accepting the idea that your circumcision is a problem for your female partner, even though you may not think it is a problem for yourself—or you might still want to deny it. You might confront your wife or lover and insist that she tell you that nothing is wrong with your lovemaking. You are angry. And understandably so.

When you confront her, she is afraid to tell you the truth, afraid to tell you that sex isn't all it's cracked up to be for her and that it may even be discomfoting—she doesn't want to hurt your feelings. Besides, she's never had sex with a man with a natural penis, so she doesn't really know what “real” sex is all about. When you confront her, she may tell you that everything's okay, because she doesn't want to jeopardize the relationship, the marriage, the kids. She is a little (or a lot) afraid of how you'll react. She doesn't want to admit to you, or herself, that anything is wrong. She looks at you and says it's silly, it's stupid, of course you're a wonderful lover. But she's only kidding herself, and somewhere in the back of her mind she knows it. And somewhere in the back of your mind, your subconscious tells you that you know it too.

You aren't really happy with the tone of the answers she's giving you. Dammit!—you're going to take her to bed right now!

You're going to prove to her that you are the sexual man of her dreams. She Ooos, she Ahhs (or rather, she Aghhs in a guttural tone and volume that reflects pain and pleasure combined, not like the soothing, soulful, lustful, low-pitched, relaxed moans of natural sex). But by now you can sense it—something is missing. She's not really and truly getting off on your sexing, and you're not really and truly getting off on her response. You become aggravated and more angry. Something *is* missing. "Dammit!" you curse, "What a fucking bummer! Why the fuck was my foreskin ever cut off in the first place?"

There is nothing I could ever say that could console you right now. As a woman, I can never know the emotional pain you are experiencing and may continue to experience until you have come to terms with this dreadful truth, and come to the realization that restoration is the only solution. But, if it is any consolation, remember, millions of men will be going through this with you.